Ask for Weight Management Program (WMP) feedback in order to be able to improve the program.

When to ask for feedback
- Ask for feedback on a regular basis, both **during** and **after** the WMP.

> HELPFUL HINT: Consider using a short (half page) pencil and paper survey for program participants.

⇨ Trim down the list of questions for the feedback survey to the few most important. Before including a question on the survey, answer the question: "what will I do with this information?"

Using WMP feedback
- Be prepared to **act** on suggestions.
- Do not ask for suggestions for improvement in areas that you have **no control over** or in areas that you do not intend to change. This will hurt your credibility.
  - o For example – if you do not intend to hold evening classes, then do not ask participants if they would prefer evening classes.

Be honest.
- Consider what **worked** and also what **didn't work**.
- Question to answer: what could work **better**? How could it work better?

Stay flexible.
- If a part of the WMP is not working, be ready to **simplify** it or **change** it altogether.
  - o For example: if participants fight the idea of completing a written exercise log, then switch to a verbal weekly summary instead.

Stakeholder feedback
- Ask other health care **providers** for their feedback and solicit feedback from installation **leadership**.

Sample questions to use in a participant feedback survey

- As a result of this course, do you feel you can manage your weight in a healthy way?
- Did the instructor present the nutrition/physical activity/stress management/health risks materials in a way that helped you understand them?
- What were some of your roadblocks to attending all class sessions?
- List the topic of a session that didn't interest you.
- What topic was missing from this course?
- What part of the course did you like the best (or least)? Why?
- What part of the course would you change in order to improve it?

Bottom line
Getting feedback can (and should be) simple. Make sure to get participant feedback while the WMP is ongoing. Then be ready to adapt to those suggestions.